

Daily Reminders/Misc.

- Watch Governor Burgum's update Monday through Friday (unless otherwise noted) at 3:30 pm CST (available on local news or NDDOH social media).
- Previous updates are archived on our website, and can be found here: <https://www.health.nd.gov/epr/emergency-medical-systems/covid-19-ems/>
- **Don't forget to shower yourself daily with generous amounts of self-love.**
 - *'An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly' – Unknown*
 - *'Almost everything will work again if you unplug it for a few minutes, including you.'* – Anne Lamott

New and Current Guidance/Items of Interest

- ***NEW*** Minnesota EMSC & Minnesota Poison Control PSA concerning poison prevention in these times when children may be at home more often than normal. Please see attached!
- ***NEW*** Interesting graphic for use at any time—Types of Shock. Please see attached!
- ***NEW*** You've seen the CARES Act stimulus payment, but did you see the strings? Article [here](#).
- ***NEW*** [Watch](#): 'Paramédico' EMS documentary now available free online. An Australian medic travels the world documenting EMS operations.
- Free Counseling for First Responders and Their Family—provided via webcam or telephone by Corner Post Counseling, PLLC—please see the attached flyer or visit Cornerpostcounseling.com
- Protect Your Sleep Health During COVID-19 Pandemic [video](#)
- NASEMSO compiled official Radio Cleaning Instruction for four different brands (Harris, Kenwood, Motorola, & Tait) go to the link [here](#) and scroll down to find links to each one.
- NDEMSA COVID-19 Townhall, from Thursday April 23rd recording available [here](#)

Links

- NDDOH Website <https://www.health.nd.gov/>
- CDC Website <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- International Critical Incident Stress Foundation COVID-19 Resources: <https://icisf.org/covid19-resources/>
- ND HAN Website <http://hanassets.nd.gov/>
- EMS.gov Coronavirus/COVID-19 Resources https://www.ems.gov/projects/coronavirus_covid-19_resources.html
- COVID-19 Peak Predictions <https://covid19.healthdata.org/projections>

Please call us with your concerns! (701) 328-0707 gets you the Operations Center